

Spring 2014
Quarterly Community Events



Keweenaw Bay Indian Community
Dept. of Health & Human Services

Disease Management/Diabetes Programs

Diabetes Talking Circle*

Support & education meetings open to those with diabetes and those who care for someone with diabetes. Gives you the knowledge and tools to make healthy lifestyle choices. A meal is provided.

When April 23: 11 a.m. - p.m.
May 14: 11 a.m.-1 p.m.
June 18: 11 a.m.-1 p.m.

Where LaPointe Health Center
2nd floor

Pre-registration is required. For more information or to register, please call 353-4546.

Nutrition Consultation

Meet with Dr. Dale Schmeisser, RD to discuss your nutrition concerns.

When By appointment:
April 9, 10, 11, 23, 24, 25
May 7, 8, 9, 22, 23
June 5, 6, 18, 19

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, call 353-4510.

Diabetes Coaching*

Assistance with managing your diabetes and goal setting.

When By appointment

For an appointment, call 353-4548.

Diabetic Foot Care Clinic*

Foot care includes nail trimming and diabetic foot exam.

When By appointment Fridays:
April 11
May 9
June 13

Where LaPointe Health Center
2nd Floor

To make an appointment, 353-4546.

*These programs are eligible for Diabetes Advantages Program points.

Community Health Activities

P.A.T.H. Program*

Personal Action Toward Health is a chronic disease self management program that meets for six consecutive weeks. Topics include dealing with problems, effective communication, and making informed treatment decisions.

When & Where To be announced.

To register, call 353-4548.

Mother's Dinner

Mothers, sisters, daughters, friends, join us for an evening of fun, food, and education .

When May

Where To be announced.

Pre-registration is required. For more information call 353-4546.

BCCCP (Breast & Cervical Cancer Control Program)

Provides breast & pelvic exams, pap smears, and mammograms for women 50-64 that meet income guidelines, and have no insurance coverage for these services.

When By appointment

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4530.

KBIC Optical Clinic

An opportunity to order glasses after a prescription has been made.

When 8 a.m. - 4 p.m.
Wednesdays; excluding holidays and snow days
Appointments are also available.

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4531.

NOTE: To obtain a voucher for an eye exam, please call 353-4537.

KBIC Audiologist Clinic

Providing hearing assessment, and hearing aid repair.

When By appointment only.

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4531.

KBIC Community Member Transports

Local transportation to medical/dental appointments; utilized as a last resort option. Be sure to call early as slots fill up fast.

When By appointment:
Mondays, Wednesdays, & Fridays

To schedule, call 353-4531.

Walk and Talk

Indoor walking program. Learn how you can earn prizes by walking.

When 10:30 a.m. - 1:30 p.m.
Weekdays through April 11; excluding holidays & snow days

Where KBOCC Gymnasium

For more information or to claim a prize, please call 353-4546.

Healthy Start & W.I.C. Clinics

Child Birth Class

Learn about prenatal & infant care, labor & delivery, and much more.

When Call for dates.

Where LaPointe Health Center
2nd floor

Registration is required.

For more information or to make register, please call 353-4527.

Healthy Start

This program is designed to assist pregnant women and newborns up to two (2) years old in becoming and staying healthy.

When By appointment

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4543.

Immunization Clinic

Adult & child immunization clinic.

When By appointment

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4543.

W.I.C. Days

A supplemental food and nutrition program for low-income pregnant, breastfeeding, and postpartum women and children under age five.

When Call for dates.

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4527.

Youth Programs

Positively You

Young women age 13-17 build upon strengths creating positive self awareness.

Craft and snack provided.

When 3:30 - 5 p.m.

Meets once every month.

Where LaPointe Health Center
2nd floor meeting room

Transportation is available.

For information, call 353-4532.

Special Events

Watch for special events

to be advertised in the tribal newsletter and on posted flyers.

If you would like to be added to our mailing list call 906-353-4546.

Messages from the LaPointe Health & Education Center



April is STI Awareness Month

People from all backgrounds are affected by sexually transmitted infections (STIs). There are over 19 million new cases of STIs in the US every year, and experts believe a majority of individuals will have at least one STI in their lifetime. Many cases are never diagnosed. Sexual health is nothing new, what's changing is our awareness. Talk to your healthcare team, get tested, make sure your partner is tested, take advantage of vaccines that help protect you, and keep learning how to protect yourself.

May is Healthy Vision Month



One of the most important things you can do to protect your vision is to get a comprehensive dilated eye exam. Many eye diseases and vision problems have no early warning signs and can be detected by an eye care professional. Make vision a health priority and use proper eye safety practices to help prevent vision loss and blindness. Early detection and treatment can help save your sight.



June is Dental Health Month

From infancy to old age oral health is an important part of overall health. Problems in your mouth can affect the rest of your body. To help you understand this connection have regular dental check ups and cleanings, learn how healthy eating habits and maintaining a daily routine can prevent dental problems. Good oral health does more than prevent tooth decay and gum disease.

For more ways we can help you improve your health call us at 353-8666.

